

OF PHOTOCOPIES
AND STAPLES
BEFORE BLOGS, THERE
WERE ZINES (page 12)



TWINS
SEEKING CELEB
CONNECTIONS
SCENE (page 8)

CALGARY ET CALGARY

Monday, November 1, 2010 www.metronews.ca



News worth sharing.



Halloween fun during the day, too!

Microfinancing for newcomers

Will Grameen Bank make it to Canada? {page 6}

A bad day for Favre's Vikes

Patriots prevent Randy Moss from having last laugh (page 17)

Weekend ends on calm note

Quiet Halloween ends busy weekend for police
 Early yesterday: A Calgary woman was struck and killed by an allegedly drunk man ● Justin Wood, inmate at Drumheller Institution, was found dead in his cell



Although Friday and Saturday proved to be busy for police, Halloween was relatively quiet for the cops.

Around 2:30 a.m. yesterday, police were called to a house party at the 100 block of Falchurch Road NE, where a fight had broken out.

One adult male was transported to hospital with stab wounds, while two adolescent males were treated on scene, according to duty Insp. Paul Stacey.

"The one guy was in rough shape," said Stacey.

However, things seemed to calm down yesterday evening, according to duty Insp. Darren Cave. "We fully expected, with Halloween

"We fully expected, with Halloween falling on a Sunday, that most of the activity would be on the Friday and Saturday night with parties and all the rough-housing and stuff," said Cave.



"It's been very quiet, and we're happy about that being Halloween. There's been nothing on our pagers since we started at 6 n m."

started at 6 p.m."

Cave said the weekend was otherwise a busy one for the Calgary Police Service.

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Committee marks start of new council

City council's first committee meeting is set for tomorrow and the chair of Community and Protective Services said council members are ready to get to work.

"You're going to see much more from Community and Protective Services this year and we're looking forward to it," said Ald. John Mar, adding the Bar Watch program is on this week's agenda.

'We're working with the nightclub, drinking establishment industry to ensure safety of our patrons, our citizens (and) their staff," he said.

The first regular meeting of council is on Nov. 8. **©** KATIE TURNER

Tories aim to remedy province's 'image deficit'

Alberta is suffering an "image deficit" over criticism of the oilsands and provincial Conservatives have called for a new campaign to minimize the damage to business and tourism.

A resolution introduced at the Alberta Progressive Conservative Convention on Saturday argued that sophisticated and well-financed environmental organizations and special interest groups are redefining Alberta's image in "extremely negative" terms.

It says Alberta's efforts to counter "nefarious public relation campaigns" have been ineffective and both industry and government must work together to come up with a new strategy to turn the tide of public opinion.

THE CANADIAN PRESS



Mo' ways to help this month

• All money raised in Canada for prostate cancer remains in Canada • As of Halloween, Canada was leading the world in funds raised for 2010



CANDICE WARD CALGARY@METRONEWS.CA

Well, it's that time of year again when brave men sacrifice their faces in the name of men's health.

Throughout the month of November, men across the country and other parts of the world will be growing moustaches to raise money and awareness for prostate cancer.

"It is a very treatable form of cancer when detected early, but guys are

Background

- This is the fourth year Movember has been held in Calgary.
- There were more than 2,600 of registered participants in the Calgary area in 2009.
- Calgary participants raised more than \$1 million in 2009

stubborn," said Sean Gibson, chair of Movember Calgary.

Gibson and his friends will be ditching their razors for the next 30 days.

Along with thousands of other men in Calgary, these three men are hoping to turn a few heads and have people question what the moustaches are all about.

"A lot people don't understand the actual cause behind it," said Travis said Travis Goodbrand, EMT.

Goodbrand will teaming up with a group of EMS personnel for the

cause and he stresses the importance of awareness.

"There is always the first awkward 10 days where nobody is cool," said Goodbrand.

And for the ladies out there who may not be very excited about their men's nose neighbour hanging around for the next month, Gibson is asking them to cut the men some slack.

"Just that moral support and backup is nice to have," said Gibson.



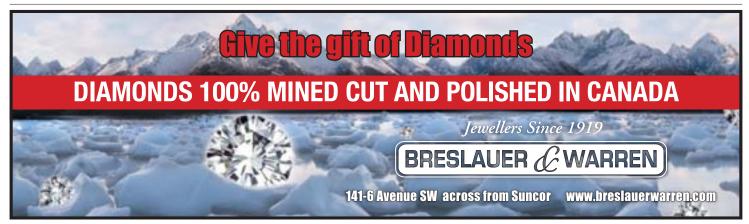


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On the web at metronews.ca

What effect will social media's growing role in news reporting have on editorial judgment? More at metronews.ca/ spindoctor





Calgary Zoo to host two rare giant pandas

After learning the Calgary Zoo has won a bid to host two giant pandas, one young conservationist is excited to see them.

Holly Hykawy said she has been taking her kids to the zoo since they were ba-

"It's really exciting for my eight-year-old daugh-ter," said Hykawy. "For her birthday last year she adopted a gorilla instead of having birthday presents."

Annika, 8, said she's "really excited" to learn about the pandas.
"I've never actually seen

a panda so I sort of want to know what they look like,' said Annika. "I sort of like learning about they're endangered and

For the staff at the Calgary Zoo, hosting "an icon for world conservation," is just as exciting, said Laurie Herron, manager of communications.

"It's been 20 years since they were here the last time so there's an entire generation generation of people who've never had the opof portunity to see them, she said. • KATIE TURNER



City's records going digital

consumption and make documents more accessible, the city has streamlined access to council agendas and minutes

The new system, called ELMS—Electronic Legislative Management Solution — will allow Calgarians to access documents and search more readily.

Schedules of all regular council meetings as well as standing policy meetings can also be found at agendaminutes.calgary.ca. Any legislative documents produced before Oct. 31 will remain at the city's previous page, which can be accessed through a link on the new web page. • metro

Education



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Spook-tacular fun at Halloween bash

South Fish Creek Recreation Association threw its eighth annual family-friendly Halloween party • Nearly 1,500 guys and ghouls took part



The South Fish Creek Recreation Association (SFCRA) opened its doors to the community this Halloween for its annual Boo-Riffic Bash in the city's south end.

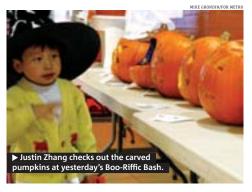
Kids in costume came to the South Fish Creek recreation complex for treats and games.

Christa Zaharychuk, the assistant general manager of SFCRA, said this event is a safe alternative to the traditional door-to-door trick or treating, which can make it easier for parents and their kids to have some Halloween fun.

"The Boo-Riffic Bash is free family fun that can be an addition or an alternative to going door-to-door, said Zaharychuk. one-stop-shopping event is a great way to give back to our community.'

Christine Nielsen, mother who attended the event with her two children, said it's a great way to build community spirit, as well as guaranteed fun for her kids.

"Rain, snow or shine, we can always come to this event," said Nielsen.



"It's great for the community and it's great when you can run into a lot of

people you know. It does build up a nice community

Man charged after crowd hit by car

Police have charged a Calgary man with first-degree murder after a pickup truck plowed through a group of people standing outside a bar early Friday,

Mounties say manage-

ment at the Texas Mickey Bar in Olds, north of Calgary, asked a man to leave early Friday morning. Police allege he then got into a Ford F-250 pickup truck and drove through a group of people who police believe had just left the bar killing a man police identias Nicholas Baier, 18.

RCMP Sgt. Patrick Webb said the first-degree murder charge means investigators believe the truck driver's actions were premeditated, although Webb points out it doesn't necessarily mean the driver targeted specific people.

A 19-year-old in the group was hurt and taken to hospital in Olds.

THE CANADIAN PRESS

\$50M lotto win could be **B.C.'s biggest**



When Sunil Arora awoke Saturday morning, the last thing he expected to do was validate a \$50-million lotto ticket.

The Lotto Max win, which has yet to be officially confirmed by the B.C. Lotto Corporation (BCLC), stands to be the biggest lottery win in B.C.'s history. Arora, a soft-spoken

cashier, has been working at a Kitsilano Mac's store for nearly two years. Up until now, the largest win he's seen was \$2,000.

"It was unbelievable," said Arora, recalling the moment he checked the winning ticket. "I couldn't believe (my eyes), it was fantastic.'

The winner, a store regular, came in and checked

Group calls for milk banks in Canada

In a move that would help feed sick and premature infants, the Canadian Paediatric Society is calling for breast milk banks to be built across the country.

The banks would freeze and distribute pasteurized mother's milk as a healthier alternative to formula.

The group is currently in negotiations with the Ontario Health Ministry to fund the project. Unger says a final price tag has not been determined, but that it would be a multimillion-dollar venture.

Ontario hospitals currently import what milk they do use from an Ohio bank. Donor mothers must undergo the same testing as people who give blood. TORSTAR NEWS SERVICE

11 There are current-ly 11 milk banks in North America, but only one in Canada. Located in Vancouver, it only supplies that city's demands.





refused to believe the display, said Arora.

The ticket, a quick pick, matched seven out of seven winning numbers.

The previous largest lottery win in B.C. was \$25 million. It was won earlier this year by a Surrey couple.



Storm chasers

Today's photo of the day is by Canadian Douglas and was submitted in the Everyday Travel category. The photo is titled: Prairie Storm. Enter your photos today and view more pictures at metrophotochallenge.ca.



Driver's licence fraud revealed

Almost 100 Ontarians have unknowingly had their addresses changed on their driver's licences and are possible victims of identity theft, says the province's privacy commissioner, warning

there may be more victims of this kind of fraud.

An internal investigation is ongoing and security measures have been tightened up, a ministry spokesman said. TORSTAR NEWS SERVICE

Cases

So far, the ministry has uncovered 93 cases of fraudulent address changes, and another two suspicious cases, according to a report.



Grameen Bank to come to Canada?

Grameen America branches in New York City, Omaha
 Bank could help newcomers with limited credit access

A man who won the Nobel Peace Prize for helping poor entrepreneurs around the world says he'd love to see his microfinancing ideas implemented in Canada.

"We'd be delighted to do that if we're invited to do it," Muhammad Yunus said of establishing one of his Grameen Bank branches in Canada.

The institution helps people with limited access to credit. Proponents say it could help struggling Canadians — including newcomers and members of aboriginal communi-

"I've met a lot of First Nations leaders and I've always felt this is something that can be done quite easily," Yunus said on a recent visit to Montreal.

His first branch, founded in Bangladesh in 1983,



now boasts 8.3 million members. It has provided a total of \$9.7 billion in microloans, primarily to women, for businesses ranging from furnituremaking to farming.

But establishing a traditional Grameen Bank in Canada faces particular hurdles.

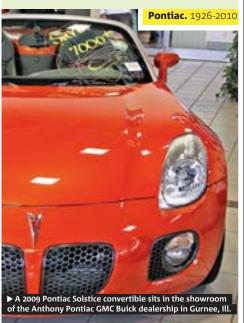
"One of the big challenges in Canada is the

regulatory environment, in terms of savings for example," said Gord Cunningham, interim director of the Coady International Institute at St. Francis Xavier University in Antigonish, N.S.

"This is a highly regulated environment. It's not even that easy to establish a credit union anymore even though they started out at kitchen tables."

In Canada, the experience has been more with microcredit — small loans — rather than microfinance.

In the developing world, the loan money comes from savings. But that's not possible in North America, so where to find the capital and how to make it a breakeven venture remain question marks, Cunningham said. THE CANADIAN PRESS



CHARLES REX ARBOGAST/THE ASSOCIATED PRES

GM sings Pontiac blues

Pontiac, whose muscle cars drag-raced down boulevards, parked at drive-ins and roared across movie screens, is going out of business. The 84-year-old brand, moribund since General Motors decided to kill it last year as it collapsed into bankruptcy, had been in decline for years.

RIM bends to India's security demands

India has followed the United Arab Emirates in backing off from a threat to ban popular services on BlackBerry devices, amid growing global concern over access to encrypted information.

The Ministry of Home Affairs said Friday that Research in Motion Ltd., the Canadian maker of the smartphones, has agreed to an interim arrangement for lawful interception of BlackBerry Messenger services — an instant messaging application — and pledged to provide a final solution by the end of January.

Citing national security concerns, India had threatened to ban corporate email and messenger services by August if Research in Motion didn't come up with a way for the government to monitor them. It remains unclear what solution the parties may have reached over encrypted corporate emails. The ASSOCIATED PRESS

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London faces gentrification

It's been at the heart of London's identity for decades: Bakers and bankers live on the same city streets in patchwork neighbourhoods where swank mansions sit in the shadow of grim tower blocks, and residents from all walks of life mingle in shops, schools and subway stations.

Now Britain's debt-shredding austerity measures will slash housing benefit payments used to subsidize rents for the low-paid, threatening to price tens of thousands of poor families out of their homes and force them toward the fringes of the country's capital — an exodus that could



permanently erode London's famed ethnic, economic and cultural mix.

. Outspoken London Mayor Boris Johnson likens the plan to "Kosovo-style social cleansing." Some fear London will become more like Paris, where rich elites monopolize the city centre and the poor stagnate in decaying housing projects ringing the capital.

But in tough times, others wonder if Britain can still afford to help ordinary workers find homes in a city centre that keeps getting pricier, even as the overall economy shows only sluggish growth.

THE ASSOCIATED PRESS

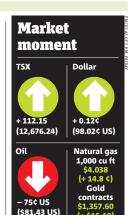
MGM to merge with Spyglass

Creditors of struggling Hollywood studio Metro-Goldwyn-Mayer Inc. have voted to approve a merger with Spyglass Entertainment, MGM said Friday.

The approval came with the backing of billionaire investor Carl Icahn, a person familiar with the matter told The Associated Press. THE ASSOCIATED PRESS

China Expo draws 72M visitors

China wrapped up its record-breaking World Expo yesterday with a lavish display of national pride, as organizers of the mammoth event pledged to continue pursuing more sustainable, balanced growth. More than 72 million visitors have been treated to a smorgasbord of cultures and technologies. THE ASSOCIATED PRESS



AGREE TO DISAGREE: TRAFFIC CALMING 101

Urban Compass

JANICE PASKEY



Leslie Ferris is a guy you want in your community.

he former Australian wine executive championed traffic calming in the southwest com-munity of Strathcona, garnering \$900,000 for eight speed cushions, 15 curb extensions, four centre medians, two intersection corner adjustments, a speed board and administrative costs.

This was the most of the last 10 traffic calming projects. Traffic calming has a \$1-

million yearly budget.

It's the one that Ald. Ric McIver pledged to slice if mayor.

It was a nice play to his future council, because aldermen hate traffic calming.

No two citizens agree on the

problem, or the solution.

My neighbour likes to speed; I'm frustrated by the city' refusal to get Strathcona-like cushions.

Yet traffic calming is worthwhile. Hit at 50 km/h, you're dead.

As the city's own documents say, traffic ruins community cohesiveness.

Yet measures are not equal. Some get gated streets (Hill-hurst Sunnyside), or 200-metre playground zones (Elbow Park) or

roundabouts and no-turn zones (Rosedale). Others can't get no satisfaction.

Such nonsense wouldn't stop

"...Traffic calming

is worthwhile.

Hit at 50 km/h,

you're dead.

As the city's own

documents say,

traffic ruins

community

cohesiveness."

He didn't like what he saw around his grandchildren's school.

He lobbied for measures to

slow traffic and safe drop-offs.

"I'm consistent and I don't give up. I'm like a mongrel dog with a bone." Ald. Joe Connelly backed the community.

"Just the worst thing in my mind is to see a child injured," says Ferris.

What does traffic calming cost? West Hillhurst

(\$740,000), Mayland Heights, Triwood and Shawnee-Evergreen (\$400,000 each), Oakridge (\$44,000) Dalhousie (\$450,000),

Cambrian Heights and Thorncliffe (\$11,000 each.)

In Cambrian Heights, Caroline Bartel is happy despite being bottom of the spending heap. She's the mom of two young children and the community association president.
After the city wouldn't call

her back, she met a city staffer at an event who listened to speeding concerns near a dog park. Two three-inch speed tables now bookend a pedestrian walkway.

"They (speed tables) have been fantastic," Bartel says. She'd want to see pros and cons to cutting traffic calming.

And soon, Leslie Ferris, 71, will return to Australia, with a

plea.
"There's a total disregard for children's safety here. I told the city 'you represent the people.

Cartoon





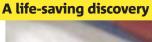
Discoverer of insulin

Worth mentioning

Sir Frederick Banting awoke early on Oct. 31, 1920 with an idea that some call the most important medical discovery of the 20th century insulin. His discovery would eventually lift a death sentence for millions of people around the globe who suffered from diabetes.

A three-metre-high sculpture by local artist Daniel Castillo was to be unveiled yesterday at Banting's London, Ont., home to mark the milestone's 90th anniversary.

The doctor had prepared a lecture on diabetes that he was to give on Nov. 1. Trying to read him-





self to sleep the night of Oct. 30, he perused an article about the pancreas.

In his own words, he said, "The lecture I prepared and the article I read had chased each other in my mind. At 2 a.m. they came together. I got up. I wrote it down."

Banting teamed up with Prof. John James Rickard Macleod, Charles Best and Dr. James Bertram Collip at the University of Toronto. Early experiments were on dogs in 1921. The first successful insulin test on a human came in 1922.

At age 32, Banting became the first Canadian - and youngest person to win the Nobel Prize in Physiology or Medicine. THE CANADIAN PRESS

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Metro Minute at the Artists Show

In the market for some original artwork? If you have a few minutes spare today, check out the Riverview Artists Show and Sale running until Nov. 5.

The sale will feature a variety of artwork done with different techniques and styles.

Riverview is made up of 12 artists who have been active in Calgary's art community since 1987.

The show and sale is taking place in the plus 15 of the TransCanada Building located at 450-1st Street St., W.

The sale is open every-day from 9 a.m. until 4 p.m., and a painting titled Shared Vision will be given out as a door prize.

MATIE TURNER



Riverview Artists Show is made up of 12 artists who ha een active in Calgary's art community since 1987.



The twist on celebrity twins

◆ Twist TV's Raising Sextuplets follows the lives of Jenny and Bryan Masche and their brood of six. Multiple births have become "in" in Hollywood. Here's a look at the twin connection.





Psychokiller Jigsaw has come back to life at the box office.

Saw 3D, the seventh installment in the series about Jigsaw's legacy of bloody terror, debuted as the Halloween weekend's No. 1 movie with \$24.2 million.

That was \$10 million more than last year's Saw VI, the first dud in the annual horror franchise. But it still was a modest return compared to earlier chapters in the Saw series, whose previous sequels all had topped \$30 million over opening weekend.

end.
The Saw 3D debut also was soft compared to the previous weekend's No. 1 movie, Paranormal Activity 2, a newer fright franchise that opened with \$40.7 million. Paranormal Activity 2 slipped to No. 2 this weekend, raising its total to \$65.7 million.
THE ASSOCIATED PRESS









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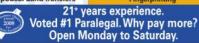
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Lohan livid over Ronson rebound?

Lindsay reportedly losing it over Samantha-Christina hook-up O Troubled star still at Betty Ford





While stuck in the Betty Ford Clinic, Lindsay Lohan is reportedly furious about Samantha Ronson new alleged relationship with

Christina Aguilera, according to In Touch.

"It's driving Lindsay crazy," a source says. 'Sam's sister Charlotte

can't stand Lindsay. Lindsay keeps saying, 'I know they all set her up with Christina to get back at @ METRO

Celebrity tweets



Hilton [@Paris Hilton] Just went into The Haunt-

ed House at The Playboy Mansion. So scary and



Kanye [@kanye west] Hal-

loween is the most creative fashion day of the year. quote from Chris Julian.



Stiller [@Red HourBen]

As a child I never thought I would be sending computer messages to 100s of thousands of people about family activities.



Conan O'Brien [AConan OBrien]

This Halloween, I've hired Larry King to sit in a rocking chair on my front porch. METRO

Co-star crazy for Cruise: Source

Sources tell the National **Enquirer that Tom** Cruise's new Mission: Impossible co-star, Jeremy Renner, may be getting a little too close for comfort.

"Jeremy is always gush-

ing about how charming and handsome Tom is. He even says things like. When I grow up, I want to be just like Tom Cruise," a source says of Renner's onset behaviour a METRO



Celine's baby names announced

Celine Dion has nounced the names of her new twin boys, born last week. The babies are named Eddie and Nelson, after a music producer friend and Nelson Mandela, her rep told People magazine. @ METRO





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Texting or television, a screen is a screen

▶ In a world where watching TV as a family is so rare that it's verging into the realm of nostalgia, should parents urge their kids to unplug?

Let's face it: Teenagers spend hours texting, socializing on Facebook and playing video games. And it's driving their parents nuts.

Sure, there are real dangers associated with all this screen time — everything from cyberbullying to couch-potato obesity. Not to mention driving while texting, shortened attention spans and Internet porn.

But many of today's parents spent hours as kids sitting in front of screens too

only they were TV

"For every hour a kid is playing video games, it's an hour that they're not doing homework or reading or exploring or creating."

PSYCOLOGIST DOUGLAS GENTILE

screens.

Which raises an interesting question: Is Facebook really worse for teenagers' brains than the mindless reruns of Gilligan's Island that their parents consumed growing up?

Douglas Gentile, a child psychologist and associate professor at Iowa State University in Ames, Iowa, who studies the effects of media on children, says texting, Facebook and video games are not inherently bad. Nor are they inherently better or worse than watching TV, although they do pose different risks, such as cyberbullving

But research has shown

that the more time kids spend in front of screens — whether it's TV or instantmessaging — the worse their school performance. "That doesn't mean it's true for every kid, but it makes sense, that for every hour a kid is playing video games, it's an hour that they're not doing homework or reading or exploring or creating," he said.

Gentile calls this the

Gentile calls this the "displacement hypothesis. If screen time is displacing doing their homework, that's bad. But if their

9,000 texts...

- Gentile, who admits that his own teenager crossed the "9,000 texts in one month barrier" last summer, acknowledged that parents are struggling to adjust to a world in which kids would rather look at words on a cellphone screen than have a conversation.
- "To the older generation, it's not their culture," he said. "There is a resistance to it."

homework is done, well, so

THE CANADIAN PRESS



Your genes

What's in your name?

-Today is your last day for free for French family history records. To mark All Saints Day weekend, the website is offering the majority of its historic records from France — roughly 50 million names — for free. The genealogical website also launched a new collection of documents featuring land grant information in Quebec. More than seven million Canadians heritage. 🍩 METRO





The grocery game is undergoing some big changes as retailers dea with an aging population, growin, immigration and how to best use the internet to attract consumers Scan code for news

Zines still make a scene

• When everyone with a keyboard started posting their life's minutiae online, Claire Heslop joined in

Yet all the while she was uploading vegan recipes and travel essays, an inner voice kept nagging. In going digital, she had abandoned a cherished outlet of personal self-expression: Making zines.

"(Blogging) didn't really work for me, I didn't get any enjoyment out of it, it didn't feel satisfying," the 29-year-old Vancouver woman said earlier this month, at an indoor zine fair devoted to self-published mini-magazines, poetry chapbooks and comics called Canzine West.

"It's not the same as having a real, small, colourful and crazy interactive piece of something that somebody made by hand for you."

A few years in, Heslop quit the blogosphere and returned to the thrill she first found at age 16. Sporting spiky platinum hair, the UBC medical student was hawking her zine, the sun shines on it twice, for \$2 at the fair.

"When people just pick up your stuff and start flipping through it, that's actually the fun part."

(pronounced Zines "zeen") come in all shapes and sizes, often feature a 'n' paste or photocopied esthetic and are made by a single creator

Slow decline

In recent years, Hal Niedzviecki - who in zines' heyday in 1995 founded the Canadian magazine Broken Pencil, which reviews zines. underground culture and hosts Canzine — has witnessed a cooling of zinester cachet, from the time when an eve-popping periodical could lead to a book deal. Broken Pencil has seen a decline in zine submissions as well.

or group of collaborators. They usually cost less than five bucks a pop, meant solely to cover the cost of materials.

They might be available from a friend, independent bookstore, one of several zine libraries across the country or the annual Canzine fair in Toronto and Vancouver.

Despite today's ubiqui-tous ease of unloading one's mind-space onto the Internet, zinesters assert their craft is not dead. But it has been changed.

"Before the Internet, zines often took the role of being a voice ... but now you can just get a blog," said Tracy Stefanucci, founder of Vancouverbased OCW magazine. "So the role of the zine is

Fair and Festival of Alternative Culture in Vancouver, B.C. changing. You see a lot more art zines — it's printas-artwork being created, it's people playing with the print medium in a different way.'

Zines' new relevance may also come on the heels of massive cuts to Canadian arts and culture, said Niedzviecki.

"You do it on a not-forprofit, low-budget basis. You don't need a grant, you don't need to ask anyone's permission and it's not going to take 10 years," he said. "It's more important now because people see the vulnerabilities and dangers of getting so enmeshed in funding. THE CANADIAN PRESS





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Get cooking for Diwali

Next time you have a hankering for Indian food, don't think takeout Think ahead

That's the message from Anupy Singla, author of The Indian Slow Cooker, who is on a mission to correct misperceptions about Indian food — that it's heavy; that you have to buy 100 spices to make anything; that it's hot; that it's labour intensive.

And to help her get out the message of ease, she enlisted that most ubiquitous of American kitchen tools, the slow cooker.

"It's a very traditional way of Indian cooking,

Don't worry

Remember that in a country where many people cook over a single gas burner, home-style food was designed to be simple. "Indian food is supposed to be very easy," Anupy Singla, author of The Indian Slow Cooker, says

where things are breaking down over hours and hours," says Singla, who says Singla, who came to the U.S. from India's Punjab region when she was three. She says slow cookers actually have much in common with the old clay ovens found in In-dian villages. "You get that taste and that feeling with the slow cooker."

And with Nov. 5 marking the start of Diwali — the Indian festival of lights — it's a great time to test her theory. Because with a focus on presents, visiting friends and family, giving thanks for good fortune and eating (a lot) it's easy to see the appeal of Diwali for anyone.

Here are some tips from Singla to get you started.

Spice it up

Just seven basic spices will get you started: Red chili powder, ground coriander, black mustard seeds, turmeric powder,

black salt (kala namak). garam masala and cumin seeds. These form the foundation of North Indian cooking, and can be found in most grocers. Fear not the hot

Made at home, Indian food is only as spicy as you want it to be. "There's a misconception that Indian food has to be hot, but it's more flavourful than anything else," Singla says.

Dump and go

Which means dust off that slow cooker you got as a wedding gift. The slow cooker brings out the flavour in lentils, curries and other Indian dishes, and does it while you're at work. "Once you do the preparation by purchasing the spices, it's dump and go," Singla says.

For Diwali, which is a meatless holiday for many Indians, Singla suggests starting with rajmah (cur-



ried kidney beans), rase wale aloo (spicy potatoes in broth) or spiced cauliflower and potatoes. "There's no standard menu for Diwali.

but those hit upon the most popular recipes from the north," Singla says. "And you have to have a dessert because Diwali is all about

the sweets.'

For that, she suggests kheer, a cardamom-scented rice pudding studded with raisins. THE CANADIAN PRESS



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Healing power of plants

Medicinal plants are the source of healing for 85 per cent of the world's population



Plants have supplied us with remedies for as long as humans have walked the Earth.

The knowledge of herbs and flowers and their medicinal properties was once the preserve of wise old women, and has, in later centuries, been taken up by doctors and scien-

Many of the most common and important drugs used in Western medicine from medicinal plants, and millions of rely on them as their pri-remedies and people around the world sources of income. At least 70,000 plants are believed to be medicinal, and many are still undiscovered. Eth-

Name game

If a plant's Latin name includes officinalis it means it has been used in the practise of medicine. For example: Mandragora officinarum (Mandrake), Melilotus Officinalis (Yellow Sweet Clover) and Sacchrum Officinarum (sugar cane).

nobotanists search tirelessly for new cures worldwide.

Botanic gardens have been involved in the collection and study of medicinal plants for more than 500 years. Nowadays they also play an invaluable role in teaching nature-illiterate city dwellers how to tell plants apart and opening the door to the fascinating history and



modern application of medicinal plants.

One such botanic garden is Chelsea Physic Garden, well hidden behind a wall in well-off western London, England.

It is the city's oldest surviving botanic garden and a living and growing museum. The first medicinal plants were brought here when the garden was founded in 1673 by the Society of Apothecaries of London. The study and collection of medicinal plants has continued ever since. In 1983 they opened their gates to the public and now the charity offers tours of their pharmaceutical beds and the Garden of World Medicine

"We never tell people to use a plant to treat an ailment. We only say it has been or is being used to do so," said the gardens curator, Rosie Atkins.

Using medicinal plants requires knowledge of what is beneficial in small amounts but deadly if you ingest too much. Interest herbal medicine

growing and medical plants are clearly important for the future.

"Look at Avian flu. Star anise was used to create Tamiflu," said Rosie.

So, next time you have an Aspirin remember you've got Meadowsweet (Spiraea Ulmaria) to thank for getting rid of your

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I recently saw you on TV talking about toxins in personal care products. Was Vaseline included in your list of products to avoid? Susan from Vancouver

he David Suzuki Foundation compiled the results of our survey of the toxic ingredients found in the

cosmetics Canadians use. We asked people to pull back the shower curtain and look for the Dirty Dozen lurking in their soaps and shampoos.

Although we're unable to recommend brands, check the ingredient list of your product. Chances are it contains petrolatum, one of our Dirty Dozen.

Petrolatum is found in many hair- and skin-care products and lip balms.

It's also known as mineral oil jelly, and it's used as a barrier to lock moisture in the skin, and

in hair-care products to make hair shine.

But this petrochemical can be contaminated with cancer-causing polycyclic aromatic hydrocarbons

The European Union considers it a carcinogen and restricts its use in cosmetics. Download our wallet-sized Sustainable Shopper's Guide at davidsuzuki.org so you can avoid petrolatum and the other 11 toxic ingredients commonly found in your soaps, shampoos and deodorants.



ALBERTA FARM BOY BLAZES BIOFUEL PATH



was born in the middle of nowhere and always wore rubber boots to do chores," Evan Chrapko says on the

where he's working on a huge biofuel deal. He's a long way from the Two Hills farm in northeastern Alberta where he grew up; the son of a farmer who always told him to dream

Chrapko's **Advice**

phone from Beijing, China

- · Profit is not a dirty word, especially if it doesn't stand alone (People, Planet, Profit)
- Farming is the best training for business.

Chrapko is a chartered It's about marshaling resources toward a vision. It's about working hard & smart on all as-

sate for aspects you can't control. · Leave the world bet-

pects to over-compen-

- ter than you found it. · Family is forever

the numbers

130,000 small businesses are created in Canada

- After one year. 96 per cent are still in business. After three years, 85 per cent are still running. After five years, 70 per
- cent are still successful.

accountant and holds a law degree from an Ivy League school in New York. He ended up in Toronto after graduating and linked up with a software company. For two years Evan and his brother Shane lived on Kraft dinner and the vegetables they grew in their backyard until their hard work and sacrifice paid off. After turning down several lucrative offers they finally sold DocSpace, a Web-based file delivery and storage company for \$811 million.

Chrapko currently runs six companies and is now blazing a trail through



China, India and Pakistan selling technology that will convert biowaste into clean energy. As Chrapko looks back on his success he sounds philosophical. "Success has a thousand fathers. Be grounded and centred in your own self

worth and don't let anyone tell you it can't be done. Persistence and perseverance are the keys to achieving success."

As Chrapko says goodbye from the airport in Beijing you can tell he's proud of his values and

his solid Alberta farm roots. Besides, this is one multi-millionaire who knows once he's done with the executive board rooms around the world he'll be expected back home. His old rubber work boots are waiting.

Catering takes off

• It takes skill and dedication to prepare food for the airline industry



If you think preparing food for a room full of cus-tomers is hard, try doing it for hundreds of airborne "rooms" of people you've never even met, with all the food cooked the day before. That's the challenge airline caterers face every day and it's one Peter Ho, Cathay Pacific's regional catering manager for North America, has spent decades mastering.

"Airline catering creates many challenges a regular restaurant environment doesn't have to deal with. You have to

work with airline schedules, the temperature has to be carefully controlled, and safety and quality standards have to be higher than at a hotel," Ho

While all food preparation requires skill and dedication, airline catering throws a series of logistic wrenches into the equation, which complicate the process. An average food cycle sees a plate of airline food cooked and flash-frozen roughly 24 hours before it's scheduled to be reheated on a flight and eaten. Care has to be taken in transport to ensure the food stays safe and tasty — to eat. Special food requests need to be dealt with well in advance and last-minute flight delays can throw the entire production

process into a loop.

Consistency is also crucial, right down to the size and shape of a piece of meat or a portion of mashed potatoes. While in a normal restaurant people might order completely different dishes,

Did you know?

Cathay Pacific's Hong Kong catering kitchen is the size of nine football fields and produces 80,000 meals every day.

on a flight no one wants to sit next to someone who opens up their meal to find a much nicer-looking cut of the same meat as you. Menus need to change regularly so that frequent fliers on the same flight path feel they're getting something new as often as possible. "Consistency and stan-

dards are extremely important so airline kitchens have a lot of logistics going into them. Passenger requests change all the time and we keep on changing with them. We have to be innovative all the time," Ho said. The secret to good food is good chefs, and airline chefs



need to be just as passionate as those in other industries, but with healthy dose of flexibility due to the constantly changing nature of work schedules and menus.

"Good chefs will have a good culinary background

and must have passion for their jobs. They also need to follow strict specifications and be flexible and prepared all the time. You need PDC — passion, dedi-cation and commitment," Ho said.



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Education out of reach?

● University enrolment is up, but student leaders decry skyrocketing tuition ● More funding sought

Rising enrolment rates at Canadian universities were hailed last week as a future boon to the Canadian economy, but student advocates warned skyrocketing tuition is putting post-secondary education out of reach for many students.

Overall university enrolment increased 3.7 per cent over last year and 57 per cent from 1995, the Association of Universities and Colleges of Canada reported. There were 898,000 full-time university students registered this fall.

That's good news for the economy, because university graduates represent about a quarter of the working population but are about 40 per cent of the tax base, said association president Paul Davidson.

"To be able to afford the quality of life, the standard of living, the quality of public services that we have in Canada, requires these kind of high-quality jobs that university graduates are getting," Davidson said.

The rise in undergraduate students ranged from 0.7 per cent in Newfoundland and Labrador to 4.5 per cent in British Columbia. The hike in graduate students varied from 1 per cent in Manitoba to 17.6 per cent in Prince Edward Island, the report found.

University graduates increase Canada's productivity and innovation, said Davidson. They also make more money.

They're also more likely to get jobs in an economy that's transitioning from being resource based to knowledge based.



Over the last 20 years, about 87 per cent of the new professional and management positions created were filled by university graduates while jobs for high school graduates disappeared, the report said.

University graduates also emerged from the recent recession in a better position.

From September 2008 until September 2010, there were 280,000 net new jobs for university graduates while almost the same number of jobs — 260,000 — for workers without a degree evaporated.

The enrolment figures were discussed as Davidson and 40 university presidents met Thursday with almost 20 MPs, cabinet ministers and other senior officials on Parliament Hill as part of their annual conference.

Davidson gave the government high marks for the "biggest single capital investment in a generation" in post-secondary infrastructure through the federal stimulus program. His association will seek continued government investment for research as it submits its pre-budget wish list to the Commons

"Over a lifetime you can expect to earn \$1.5 million more if you have a university degree than if you just finished high school."

Finance Committee next week.

His call for more funding was echoed by The Canadian Federation of Students.

Seven in 10 new jobs require a post-secondary education but for some

students that's tough to afford, said the chairwoman of the federation's Ontario division.

Annual tuition fees vary widely, from about \$2,500 in Newfoundland and Labrador to Ontario, where they're highest at an average of \$6,300, said Sandy Hudson.

The cost forces some students to drop out. Others are left with staggering debt

"I'm \$35,000 in debt and I just finished my post-secondary education, my undergraduate degree, in June," said Hudson.

Hudson said she'd need

to go to graduate school to make use of her sociology and political science degree, but might not be able to afford that.

More than 39,000 people have signed the federation's petition calling on the federal government to create a national post-secondary education act and restore funding for post-secondary education to 1992 levels.

THE CANADIAN PRESS

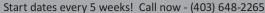
Petition

The petition can be found at educationisaright.ca.

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News worth sharing.

Rookie pitcher stymies Rangers



GIANTS

The rookie pitched way beyond his years, sending a shudder through

Rangers Ballpark. Madison Bumgarner dominated for eight innings, Aubrey Huff and Buster Posey homered, and the San Francisco Giants put on a fielding clinic in Game 4, beating Texas 4-0 last night to move within one win of that elusive World Series

Dressed in black-andorange, the Giants were spooky good in taking a 3-1 edge. Bumgarner allowed only three hits and took all the fun out of a festive, Halloween

Ace Tim Lincecum will try tonight to deliver the Giants' first championship since they moved to San Francisco in 1958. Now it's up to Cliff Lee to save the Rangers season in Game 5

The 21-year-old Bumgarner and closer Brian Wilson helped the Giants become the first team to post two shutouts in a World Series since Baltimore threw three straight to close out the Dodgers in 1966.

Huff's two-run homer in the third gave Bumgarner all the support he needed. Posey added a solo shot in the eighth -Bumgarner and Posey became the first rookie battery to start in the Series since Spec Shea and Yogi Berra for the Yankees in

THE ASSOCIATED PRESS



A bad day for **Brett Favre**

Vikings quarterback leaves game with injury, while his team falls to 2-5 Moss has just one catch in his return to New England



Tom Brady connected with Brandon Tate for a 65-yard touchdown on a broken play to give the New Eng-land Patriots a 28-18 victory over the Minnesota Vikings yesterday, knocking Brett Favre out of the game in the process.
"I hope Favre's OK,"

Brady said.

Favre left in the fourth quarter after being slammed to the turf; the team said he had a cut in his chin that needed 10 stitches. Backup Tarvaris Jackson threw for a touchdown on his first play and a twopoint conversion on his sec-

PATRIOTS

VIKINGS

ond, but he didn't get the ball back until the twominute warning had sounded and the Vikings trailed by 10.

BenJarvus Green-Ellis had two touchdowns, scoring his first on a 13-yard run to make it 21-10. Favre then drove Minnesota (2-5) to the New England three-yard

line before he was flattened by defensive lineman Myron Prvor.

Jackson relieved him and threw a one-yard touchdown pass to Naufahu Tahi on the first play, then hit Percy Harvin for the twopoint conversion that made it 21-18. But Brady engineered a 13-play, 80-yard drive, with Green-Ellis getting cartwheeled into the end zone to make it 28-18 with just 1:56 left.

Brady completed 16-of-27 passes for 240 yards and Green-Ellis ran 17 times for 112 yards to give the Patriots (6-1) their fifth straight victory.

Favre was 22 for 32 for 259 yards, throwing an interception on a tipped ball and taking two intentional grounding penalties when he tried to avoid sacks. Adrian Peterson carried 25 times for 92 yards, and Harvin caught six passes for 104 yards for the Vikings despite missing about a quarter with an ankle injury.

Former Patriot Randy Moss had just one catch for eight yards in his first trip back to Foxborough since he talked himself out of town on Oct. 6.

Lions still in hunt for final spot

Next week

To clinch the final playoff spot the Lions must win their final game of the season next week against the Tiger-Cats in Hamilton. They will also need the Riders to defeat the Eskimos in Regina.

punt 88 yards for a touchdown and the B.C. Lions scored on a late turnover to keep their CFL playoff hopes alive with a 23-17 victory over the Saskatchewan Roughrid-ers yesterday afternoon.

The Lions were leading 13-10 midway through the fourth quarter when linebacker Anthony Reddick stripped Rider quarterback Darian Durant of the ball.

Korey Banks recovered the fumbled on the Saskatchewan 22-yard line.

That set up Travis Lu-lay's four-yard pass to Banks, sealed the B.C. win.

The victory improved the Lions record to 7-10, which moved them into a third-place tie in the West with the Edmonton Eski-

The Eskimos improved to 7-10 with a 16-13 over-time win against the Win-Blue Bombers nipeg Saturday night. THE CANADIAN PRESS

sports

Sports in brief



climbed out of the relegation zone thanks to Maxi Rodriguez's late winner against Bolton.

Kim Clijsters defeated top-ranked Caroline Wozniacki 6-3, 5-7, 6-3 to win the WTA Championships.

For the first time in more than five years. Tiger Woods is no longer golf's No. 1 player. Lee Westwood of England took the top ranking THE ASSOCIATED PRESS



EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	St
d-Tampa Bay	10	7	2	1	0	35	30	15	3-1-1-0	4-1-0-0	7-2-1-0	W
d-Montreal	11	7	3	1	0	29	25	15	3-2-1-0	4-1-0-0	7-2-1-0	L
d-Philadelphia	11	6	4	1	0	34	27	13	4-3-0-0	2-1-1-0	5-4-1-0	W
Washington	11	7	4	0	0	34	25	14	4-1-0-0	3-3-0-0	7-3-0-0	W
Pittsburgh	12	6	5	1	0	35	28	13	2-4-0-0	4-1-1-0	6-3-1-0	W
Boston	8	6	2	0	0	24	11	12	2-2-0-0	4-0-0-0	6-2-0-0	W
Atlanta	11	5	4	1	1	36	40	12	2-2-0-0	3-2-1-1	4-4-1-1	L
NY Rangers	10	5	4	1	0	31	30	11	1-3-1-0	4-1-0-0	5-4-1-0	W
Toronto	10	5	4	1	0	23	23	11	3-2-1-0	2-2-0-0	5-4-1-0	L
Carolina	10	5	5	0	0	25	30	10	1-2-0-0	4-3-0-0	5-5-0-0	L
NY Islanders	11	4	5	1	1	31	37	10	2-1-0-1	2-4-1-0	4-5-1-0	L
Ottawa	11	4	6	1	0	26	35	9	3-3-0-0	1-3-1-0	4-5-1-0	L
Florida	9	4	5	0	0	24	21	8	2-1-0-0	2-4-0-0	4-5-0-0	W
Buffalo	12	3	7	2	0	30	38	8	0-4-1-0	3-3-1-0	2-6-2-0	L
New Jersey	12	3	8	1	0	20	39	7	0-4-1-0	3-4-0-0	3-7-0-0	Į
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WESTERN CONFERENCE W L OTL SL GF GA Pts

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d-Los Angeles	11	8	3	0	0	34	25	16	4-0-0-0	4-3-0-0	7-3-0-0	W2
d-Chicago	13	7	5	1	0	39	37	15	4-4-0-0	3-1-1-0	6-4-0-0	W1
d-Colorado	11	6	4	1	0	39	39	13	2-2-0-0	4-2-1-0	5-4-1-0	W2
St. Louis	9	6	1	1	1	26	17	14	5-0-0-0	1-1-1-1	6-1-1-1	W4
Detroit	9	6	2	0	1	30	24	13	4-1-0-1	2-1-0-0	6-2-0-1	W1
Nashville	10	5	2	3	0	23	25	13	2-1-3-0	3-1-0-0	5-2-3-0	L2
Dallas	10	6	4	0	0	32	27	12	3-3-0-0	3-1-0-0	6-4-0-0	W1
Columbus	10	6	4	0	0	24	29	12	3-3-0-0	3-1-0-0	6-4-0-0	L1
Calgary	11	6	5	0	0	33	34	12	4-3-0-0	2-2-0-0	6-4-0-0	L2
San Jose	9	5	3	1	0	29	25	11	2-2-1-0	3-1-0-0	5-3-1-0	W2
Vancouver	9	4	3	0	2	24	24	10	4-0-0-1	0-3-0-1	4-3-0-2	W2
Minnesota	10	4	4	0	2	26	27	10	3-3-0-1	1-1-0-1	4-4-0-2	L1
Phoenix	10	3	4	3	0	23	39	9	1-2-2-0	2-2-1-0	3-4-3-0	L1
Anaheim	12	4	7	0	1	29	42	9	2-1-0-1	2-6-0-0	4-5-0-1	L2
Edmonton	9	3	4	0	2	28	33	8	2-2-0-0	1-2-0-2	3-4-0-2	W1

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Saturday's results Boston 4 Ottawa 0 Florida 3 Montreal 1 N.Y. Rangers 2 Toronto 0 Washington 7 Calgary 2 Chicago 3 Minnesota 1 Colorado 5 Columbus 1 Dallas 4 Buffalo 0 Detroit 5 Nashville 2 Los Angeles 3 New Jersey 1 Philadelphia 6 N.Y. Islanders 1 Pittsburgh 3 Carolina 0 San Jose 5 Anaheim 2 St. Louis 4 Atlanta 3 (SO) Tampa Bay 3 Phoenix 0 Tonight's games (All times Eastern) Chicago at N.Y. Rangers, 7 p.m. Carolina at Philadelphia, 7 p.m. New Jersey at Vancouver, 10 p.m. Tomorrow's games Ottawa at Toronto, 7 p.m. Montreal at Columbus, 7 p.m. San Jose at Minnesota, 8 p.m. Vancouver at Edmonton, 9 p.m.

SCORING LEADERS G A PT

Stamkos, TB	9	10	19
C.Stewart, Col	9	7	16
Sharp, Chi	10	5	15
Crosby, Pgh	6	9	15
J.Thornton, SJ	5	10	15
Getzlaf, Ana	4	11	15
B.Richards, Dal	3	11	14
Ovechkin, Wash	7	6	13
Roy, Buf	6	7	13
P.Stastny, Col	5	8	13
D.Sedin, Vcr	7	5	12
Alfredsson, Ott	6	6	12
Perry, Ana	5	7	12
Selanne, Ana	5	7	12
St. Louis, TB	5	7	12
Heatley, SJ	4	8	12
Hejduk, Col	4	8	12
Ladd, Atl	4	8	12
Zetterberg, Det	3	9	12
Hossa, Chi	7	4	11
Datsyuk, Det	6	5	11
Giroux, Pha	6	5	11
Semin, Wash	6	5	11
J.Williams, LA	5	6	11
Callahan, NYR	4	7	11
Marleau, SJ	4	7	11
P.Kane, Chi	3	8	11
M.Koivu, Minn	3	8	11
Letang, Pgh	3	8	11
Wisniewski, NYI	2	9	11
Lidstrom, Det	1	10	11
Liles, Col	0	11	11
H.Sedin, Vcr	0	11	11
Kostitsyn, Mtl	6	4	10
Neal, Dal	5	5	10
Plekanec, Mtl	5	5	10

Cullen, Minn	3	7	10
Enstrom, Atl	2	8	10
Keith, Chi	1	9	10
Kessel, Tor	7	2	9
R.Bourque, Cal	6	3	9
J.Carter, Pha	5	4	9
Dubinsky, NYR	5	4	9
Eriksson, Dal	5	4	9
Horton, Bos	5	4	9
Backstrom, Wash	4	5	9
Ryan, Ana	4	5	9
Malkin, Pgh	3	6	9
Morrison, Cal	3	6	9
Toews, Chi	3	6	9

TRANSACTIONS

HOCKEY

CAROLINA HURRICANES—Recalled F Jonathan Matsumoto from Charlotte (AHL). Assigned F Drayson Bowman and F Zac Dalpe PHOENIX COYOTES—Assigned C Andrew

PHOENIX COYOTES—Assigned C Andrew Ebbett to San Antonio (AHL) and C Tyler Mosienko to Las Vegas (ECHL). Released C Dusty Collins. ST. LOUIS BLUES—Assigned D Nathan Oystrick Peoria (AHL). WASHINGTON CAPITALS—Assigned D Brian Fahey and C Mathieu Perreault to Hershey (AHL).

AHL

PEORIA RIVERMEN—Released Steve Ward.

MLB

2010 POSTSEASON

WORLD SERIES

(All times Eastern) Texas (AL) vs. San Francisco (NL) (San Francisco leads series 3-1) Last night's result Last night's result
San Francisco d' Texas 0
Saturday's result
Texas 4 San Francisco 2
Tonight's game
San Francisco (Lincecum 16-10) at Texas (Lee
12-9), 7-57 p.m.
Wednoscday's game

Wednesday's game x-Texas at San Francisco, 7:57 p.m.

Thursday's game x-Texas at San Francisco, 7:57 p.m.

GIANTS 4, RANGERS 0

San Francisco	ab	r	h	DI	lexas	ab	r	h	DI	
ATorrs cf	5	1	3	1	Andrus ss	3	0	0	0	
FSnchz 2b	4	0	0	0	MYong 3b	4	0	1	0	
A.Huff dh	4	1	1	2	JHmltn cf	4	0	0	0	
Posey c	4	1	1	1	Guerrr dh	3	0	0	0	
C.Ross If	3	0	0	0	N.Cruz If	3	0	1	0	
Uribe 3b	4	0	0	0	Kinsler 2b	2	0	0	0	
Ishikaw 1b	3	0	0	0	Francr rf	3	0	0	0	
Renteri ss	4	1	3	0	BMolin c	3	0	0	0	
Schrhlt rf	4	0	0	0	MorInd 1b	3	0	1	0	
Totals	35	4	8	4	Totals	28	0	3	0	
San Francisc	0				002 000	110	-	4		
Texas 000 000 000 0										
E—Uribe (1), DP—San Francisco 2, LOB—San										

Francisco 6, Texas 3. 2B—A.Torres 2 (4). HR— A.Huff (1), Posey (1). SB—A.Torres (1). CS— J.Hamilton (1).

	IP	Н	R	ER	BB	SO
San Francisco						
Bumgarner W,1-0	8	3	0	0	2	6
Br.Wilson	1	0	0	0	0	2
Texas						
Tom.Hunter L,0-1	4	5	2	2	1	1
Ogando	12-3	0	0	0	0	2
D.Oliver	12-3	2	1	1	0	2
O'Day	2-3	1	1	1	0	(
D.Holland	1	0	0	0	1	1
Umpires-Home,	Mike W	/inte	ers: I	First.	Jeff	Kel

Ompires—Home, MIKE WINTERS; First, Jeff K logg; Second, Gary Darling; Third, John Hirschbeck; Right, Bill Miller; Left, Sam Hol-

brook. T—3:09. A—51,920 (49,170) at Arlington, Texas.

GOLF

NATIONWIDE TOUR CHAMPIONSHIP

At Charleston, S.C.

Par /2	
Final Round	
Brendan Steele, \$180,000	66-71-65-73-27
Colt Knost, \$108,000	68-69-70-68-27
Joe Affrunti, \$68,000	66-71-72-70-27
David Hearn, \$48,000	69-69-71-71-28
Brian Smock, \$38,000	71-72-70-68-28
Hunter Haas, \$38,000	67-73-71-70-28
Jamie Lovemark, \$31,167	69-72-70-71-28
Jim Herman, \$31,167	72-72-67-71-28
Tag Ridings, \$31,167	69-72-68-73-28
Paul Claxton, \$27,000	71-71-70-71-28
Jeff Brehaut, \$21,200	72-71-71-70-28
Rob Oppenheim, \$21,200	69-71-71-73-28
Gavin Coles, \$21,200	70-72-69-73-28
Kevin Kisner, \$21,200	71-67-72-74-28
James Hahn, \$21,200	66-74-67-77-28
Jason Gore, \$15,000	69-72-73-71-28
Daniel Summerhays, \$15,000	70-72-72-71-28
Scott Gutschewski, \$15,000	69-75-70-71-28
Jhonattan Vegas, \$15,000	72-70-70-73-28
Bobby Gates, \$15,000	71-73-69-72-28
D.J. Brigman, \$11,200	70-76-68-72-28
Dicky Pride, \$11,200	73-70-70-73-28
David Mathis, \$11,200	71-73-69-73-28
David Branshaw, \$9,200	71-74-74-68-28
Scott Gardiner, \$9,200	68-75-72-72-28
William McGirt, \$8,400	67-75-71-75-28
Brandt Jobe, \$7,400	74-73-70-72-28
Tommy Gainey, \$7,400	71-72-71-75-28
Justin Hicks, \$7,400	69-73-71-76-28
J.J. Killeen, \$7,400	70-68-72-79-28
Also	
Jon Mills, \$4,800	73-76-71-72-29

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GΑ	P
Chelsea	10	8	1	1	27	3	2
Arsenal	10	6	2	2	22	10	2
Man United	10	5	5	0	22	12	- 2
Man City	10	5	2	3	13	10	
Tottenham	10	4	3	3	11	10	
West Brom	9	4	3	2	13	15	1
Newcastle	10	4	2	4	19	14	1
Everton	10	3	4	3	10	8	
Fulham	10	2	6	2	12	11	
Bolton	10	2	6	2	13	14	
Sunderland	10	2	6	2	9	12	
Liverpool	10	3	3	4	10	14	
Aston Villa	10	3	3	4	9	13	
Birmingham	10	2	5	3	10	12	
Stoke	10	3	1	6	10	14	
Blackpool	9	3	1	5	13	20	
Wigan	10	2	4	4	7	18	
Blackburn	10	2	3	5	9	12	
Wolverhampton	10	2	3	5	10	16	
West Ham	10	1	3	6	7	18	
Yesterday's resu	lts						
A - L VIII - O Di	-:		^				

Newcastle 5 Sunderland 1 **FRANCE**

Aston Villa 0 Birmingham 0 Rolton 0 Liverpool 1

LIGUE1

Yesterday's reusits Montpellier 1 Paris Saint-Germain 1 Valenciennes 1 Lille 1 Marseille vs. Rennes (ppd., heavy rain) Monaco vs. Bordeaux (ppd., heavy rain)

GERMANY

RUNDESLIGA

Yesterday's results Hoffenheim 4 Hannover 0 Mainz 0 Borussia Dortmund 2

GREECE

Vesterday's results Ergotelis 1 PAOK 2 Iraklis 0 Volos 0 Kerkyra 1 Asteras 2 Panionios 1 AFK 0 Panserraikos 1 Kavala 0

ITALY

SERIE A

Yesterday's results Bari 0 Udinese 2 Brescia O Napoli 1 Cagliari 2 Bologna 0 Catania 0 Fiorentina 0 Cesena 0 Sampdoria 1 Palermo 0 Lazio 1

Parma 0 Chievo Verona 0 **NETHERLANDS**

FREDIVISIE

Yesterday's results ADO The Hague 1 FC Utrecht 0 AZ Alkmaar 2 Feyenoord 1 NEC Nijmegen 0 Vitesse Arnhem 0 Roda JC 2 Willem II 2

SPAIN

LA LIGA

Yesterday's results Athletic Bilbao 3 Getafe 0 Atletico Madrid 1 Almeria 1 Deportivo La Coruna 3 Espanyol 0 Malaga 1 Real Sociedad 2
Racing Santander 4 Osasuna 1
Sporting Gijon 1 Villarreal 1

PORTUGAL

LIGA

Yesterday's results Beira Mar 3 Naval 1 Leiria 1 Sporting 2 Nacional 1 Setubal 0 Olhanense 1 Maritimo 1

SCOTLAND PREMIER LEAGUE

Yesterday's result Hearts 0 Kilmarnock 3

NBA

EASTERN CONFERENCE

W	L	Pct	GB
2	1	.667	-
2	1	.667	_
1	1	.500	1/2
1	2	.333	1
0	3	.000	2
IVISION	1		
W	L	Pct	GB
3	0	1.000	_
3	1	.750	1/2
1	1	.500	11/2
0	2	.000	21/2
0	3	.000	3
	2 1 1 0 VISION W 3 3 1	2	2 1 .667 2 1 .667 1 1 .500 1 2 .333 0 3 .000 VISION W L Pct 3 0 1.000 3 1 .750 1 1 .500 0 2 .000

.667 .500 .333 .333 Indiana Chicago Cleveland Milwaukee

WESTERN CONFERENCE SOUTHWEST DIVISION W 3 2 **GB** -1 New Orleans Dallas Memphis

San Antonio Houston

NOKTHWEST DIVISION									
	W	L	Pct	GB					
Portland	3	0	1.000	-					
Denver	2	1	.667	1					
Oklahoma City	2	1	.667	1					
Minnesota	1	2	.333	2					
Utah	1	2	.333	2					

PACIFIC DIVISION

	W	L	Pct	G
L.A. Lakers	3	0	1.000	
Golden State	2	1	.667	
Sacramento	2	1	.667	
Phoenix	1	2	.333	
L.A. Clippers	0	3	.000	
Yesterday's results				
Miami 101, New Jer	sev 78			
Dallas 99 I A Clinn	ers 83			

Utah 120, Oklahoma City 99 L.A. Lakers 107, Golden State 83

L.A. Lakers 107, Golden State 83
Saturday's games
Atlanta 99, Washington 95
Sacramento 107, Cleveland 104
Portland 100, New York 95
Memphis 109, Minnesota 89
Chicago 101, Detroit 91
Indiana 99, Philadelphia 86
Denver 107, Houston 94
Milwauken 98, Charlotte 88 Milwaukee 98, Charlotte 88 New Orleans 99, San Antonio 90

Tonight's games Tonight's games (All times Eastern)
Portland at Chicago, 8 p.m.
Toronto at Sacramento, 10 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Atlanta at Cleveland, 7 p.m.
Philadelphia at Washington, 7 p.m.
Boston at Detroit, 7:30 p.m.
Minnesofa at Miami 7:30 p.m.

Minnesota at Miami, 7:30 p.m. Orlando at New York, 7:30 p.m. Portland at Milwaukee, 8 p.m Memphis at L.A. Lakers, 10:30 p.m.

AMERICAN CONFERENCE

EAST						
	w	L	т	Pct	PF	PA
New England N.Y. Jets	6 5	1	0	.857 .714	205 159	154 110
Miami Buffalo	4 0	3 7	0	.571 .000	133 131	149 211
SOUTH						
Houston Indianapolis Tennessee Jacksonville	4 4 5 4	2 2 3 4	0 0 0	.667 .667 .625 .500	153 163 224 165	167 125 150 226
NORTH						
Baltimore Pittsburgh Cleveland Cincinnati	5 5 2 2	2 2 5 5	0 0 0	.714 .714 .286 .286	149 147 118 146	129 102 142 163
WEST						
Kansas City Oakland	W 5	L 2 4	T 0	.714 .500	PF 163 212	PA 122 168
San Diego Denver	3	5	0	.375 .250	210 154	174 223

NATIONAL CONFERENCE

NATIONAL CONFERENCE								
EAST								
N.Y. Giants Philadelphia Washington Dallas	5 4 4 1	2 3 4 6	0 0 0	.714 .571 .500 .143	175 172 155 154			
SOUTH								
Atlanta Fampa Bay New Orleans Carolina	5 5 5	2 2 3 6	0 0 0	.714 .714 .625 .143	169 136 167 85	133 163 148 150		
NORTH								
Green Bay Chicago Minnesota Detroit	5 4 2 2	3 5 5	0 0 0	.625 .571 .286 .286	176 126 129 183	136 114 144 165		
WEST								
Seattle St. Louis Arizona San Francisco	4 4 3 2	3 4 4 6	0 0 0	.571 .500 .429 .250	123 140 133 137	140 141 198 178		

1¹/₂ 3

WEEK 8
Byes: NY. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland
Yesterday's results
Detroit 37 Washington 25
Green Bay 9 NY. Jets 0
Jacksonville 35 Dallas 17
Kansas City 13 Buffalo 10 (01)
Miami 22 Cincinnati 14
New England 28 Minnesota 18
Oaldand 33 Seattle 3
San Diego 33 Tennessee 25
St. Louis 20 Carolina 10
Tampa Bay 38 Arizona 35
New Orleans 20 Pittsburgh 10
At London, England At London, England San Francisco 24 Denver 16 Tonight's game Houston at Indianapolis, 8:30 p.m.

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF PA	Pt
y-Montreal	17	12	5	0	517 445	24
x-Hamilton	17	9	8	0	460 427	18
x-Toronto	17	8	9	0	343 438	16
Winnipeg	17	4	13	0	432 450	8

WEST DIVISION 17 12 5 0 591 427 24 17 9 8 0 466 465 18 17 7 10 0 359 514 14 17 7 10 0 443 445 14 Edmonton

Edmonton 17 7 10 0 B.C. 17 7 10 0 x — clinched playoff berth. y — clinched division title. Yesterday's result B.C. 23 Saskatchewan 17 Saturday's result Edmonton 16 Winnipeg 13 (OT) Friday's results Calcary 55 Hamilton 24

Calgary 55 Hamilton 24 Montreal 37 Toronto 30

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Crossword

- 1 Historic period 4 Argo skipper 9 Lingerie item 12 Cover
- 13 Greek marketplace
- 14 Conger or moray
- 15 They're caught
- 17 Solidify
- 18 Kimono sash
- 19 Become rigid and
- bonelike 21 "— down the
- hatches!"
- 24 Night light? 25 "- Town"
- 26 Upgrade from dial-
- 28 Litters' little ones
- 31 Raw minerals
- 33 Young fellow
- 35 Father (Fr.)
- 36 Civil rights org
- 38 Kitten's remark 40 Scoot
- 41 Takes to court
- 43 Hound variety 45 Female graduate
- 47 Cleopatra's snake
- 48 In favor of
- 49 They're bought
- 54 Fish eggs
- 55 Point of view
- 56 Actor Vigoda
- 57 Chances, for short
- 58 Eye surgery device 59 Keglers' org.
- 1 Sprite
- 2 Brazilian city,
- 4 Poked
- 5 Opposed to

familiarly

- 3 Commotion

37 Foreign correspon-

- 8 Egypt's president, 1956-70
- 9 They're taught 10 Coral structure

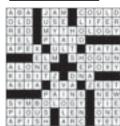
6 Scale member

7 Synthetic fiber

- 11 Companion
- 16 Youngster 20 First course, maybe
- 21 Benefit 22 Emanation
- 23 They're sought 27 Felon's flight
- 29 Verifiable
- 30 Transmitted 32 Pond gunk
- 34 Fiasco

- 39 Laundromat machine
- 42 Hot box? 44 Locale for 42-Down
- 45 Roundish hairdo
- 46 Aerobatic maneuver
- 50 Some teammates of
- 51 Potential syrup
- 52 Recede 53 Vast expanse

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

	9		4	2		7	
		7	8	5	6		
	5	8			9	1	
Π			3	1			
1							5
			6	4			
	4	1			2	6	
		3	1	7	4		
	7		2	9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	2	5	3	0	8	4	7
4	7	6	2	1	8	9	5	3
3	5		4			6	1	2
6	2	3	0	9	5	4	7	1
1	4	5	7	6	2	3	8	9
8	9	7	3	4	1	5	2	6
5	6	9	1	2	4	7	3	8
7	8		9			2	6	4
2	3	4	6	8	7	1	9	5

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

My cutie vampire Nav. This mid night chilling cold reminds me the warmth of your hugs. Come to me and hug me tonight, love me and take my breath away. LOVE, MUAAAH.

Good Morning Awesome! You are the best thing that's happened to me in a very long time! I love you endlessly. You're beauty, wit and intellect are all things that make me smile on the reaular. I can't wait until I see you later and give you a big squeeze! Have a groovy day Babay! xon

I was nothing before i met you and you made me become everything. You make me happier than i thought i could ever be. With whole heart, love you Sue TEI

TODAY Min -4° Max 8°

TUESDAY Min -3 Max 9°

WEDNESDAY Min -2° Max 12°

Andrew Schultz, Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 You may be assertive by nature but the current cosmic climate urges you to look for ways to get on with people, not ways to beat them

¥ Taurus April 21-May 21

Something unexpected will occur today, something that makes you realize how fragile our world can be. The good news is that while others are panicking left, right and center you will keep your head and do the right thing.

II Gemini May 22-June 21 You

will find it easy to make changes today but you won't find it so easy to change back again later, so get it right or leave well alone.

Gancer June 22-July 22

There are more than enough good things to go around, so don't approach each and every situation as if it is some kind of contest.

Ω Leo July 23-Aug.23 If something of a minor nature goes wrong today don't overreact and make a big deal of it.

M Virgo Aug. 24- Sept. 22

Something fortunate will happen today but you may not realize just how beneficial it is until later in the week. Travel and social activities are especially well starred now, so get out and about and make new friends.

← Libra Sept. 23-Oct. 23 It's not enough just to have a good

idea, you have also got to be motivated enough to turn that idea into reality. Are you?

M Scorpio Oct. 24-Nov. 22 Do you sit back and watch the

world go by or do you get up and get involved? Today's Venus-Pluto link may make you somewhat lethargic but that's okay because later in the week you will come to life again

₹ Sagittarius

Nov. 23-Dec. 21 Don't be too eager to apologize if you have to shove someone out of the way today – it's their fault for moving so slowly and meandering all over the place.

り Capricorn Dec. 22-Jan. 20 You will have to deal with

someone today who, to put it politely, is a little slow-witted. It may be a pain having to spell everything out in words of two syllables but make the effort.

Aquarius Jan. 21-Feb. 18 Someone is trying to sow seeds of doubt in your mind and if they succeed your dream will never come true.

H Pisces Feb. 19-March 20 It might be wise not to draw attention to yourself today because there are things you will be doing that work best if you haven't got people looking over your shoulder the whole time. SALLY BROMPTON

Caption contest





tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.





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CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatici
- Neck Pain - Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
 - Scollosis



For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called Neuro-Decompression. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually long lasting. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). Neuro-Decompression is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people! I have ever met in a clinical environment!

- Denise B., Calgary

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

When I first came to CDPC I couldn't walk. I had not been to work for many months. After about 4 treatments I could feel it working...it's the best money I've ever spent. I got my life back without pain, it's worth it. Just do it. It works.

- Russ C., Calgary

I came into the clinic with pain from 2 bulging discs. After the first few treatments, I could feel a significant improvement. Now that I have finished all the treatments, I have very minimal discomfort and only on occasional days when I am not active physically. I can now sleep totally without pain, where as before I woke up several times a night. I have already recommended the CDPC to others. Thank You to everyone who has helped me here!

- Beth S., Calgary

[CDPC] has been very helpful determining the appropriate spinal decompression treatments in relation to my pain sites. I have experienced some pain relief after 23 treatments for my lumbar and cervical spine. The severe pain in the center of my neck has lessened considerably and I rarely experience numbness in my right hand upon awakening. My lower back no longer hurts when standing... Sleepless nights due to pain are rare. Thank you for you help.

- Kathy L., Calgary

I will be forever grateful...the pain was excruciating and debilitating...I used to tell my friends and family that if I could cut off my leg I would...And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks...I am actually looking forward to being able to dance again.

Rhona K., Calgary

You may qualify for a research study:

- -18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.





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